



# P.E.A.R. REPORT

POSITIVE CHANGE · EDUCATIONAL RESOURCES · ART GALLERY · RETAIL & RENTAL

[www.icanflourish.com](http://www.icanflourish.com)

Volume 1, Issue 12

## Making Connections

### SIGNATURE FLOURISH:

#### Retail Store Hours:

Monday - Friday 10am-7pm  
Saturdays 10am-5pm

#### Stories to Grow On:

FREE Children's book reading every Wednesday at 10:30am - NEW day & time! Featuring a reading circle with books on life lessons and fun stories

#### OCD Support Group:

Obsessive Compulsive Disorder (OCD) support group meets twice per month on the first and third Wednesdays from 7-9pm. Meetings on July 1 & 15

#### Children's Art Drop-In:

All supplies included for the age/ability appropriate art projects and a staff member will work with the child while parents enjoy Flourish \$5 per 30 minute project. Fridays - NEW Time - 2-4pm

#### New Therapists Group:

Open to all new professionals in the mental health field. Held the 2<sup>nd</sup> Wednesday of each month. The next meeting is Wednesday, July 8 from 6-7pm. The topic is a continuance of "Starting your own private practice"

#### Show & Tell:

Each month small business owners network with other entrepreneurs in our art gallery setting. Enjoy live music, wine and hors d'oeuvres. The next Flourish Studio's "Show & Tell" is on July 29 from 4:30-7pm

#### New Hours

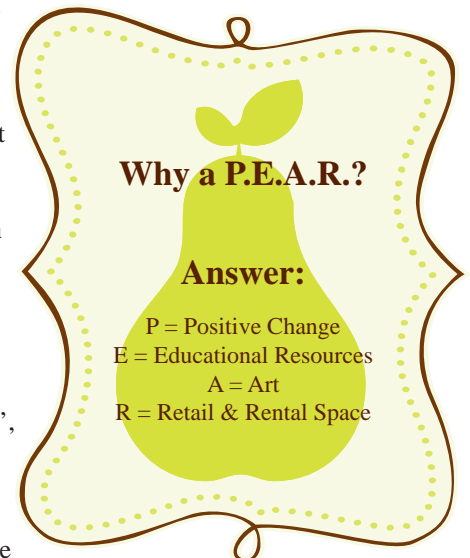
We are ready!!!! Everyone at Flourish Studios has been busy reorganizing. Our mission to help people live their best lives is front and center, as it has always been. We now have programming to support this mission, 12+ therapists working at Flourish Studios and most importantly people who know who we are and are trusting their lives in our care. We are back to opening the center at 10am Monday through Saturday. Thanks for all of your patience as we took a step back to move three steps forward!!!

#### Connections

Our upcoming multimedia art show is one not to miss as "Connections" symbolizes what we all need to fill our lives with meaning. This Envision Art Gallery show will get you thinking, generate feelings and provide insight as to how developing connections between people is rather simple processes and yet it adds so much to our lives! Gallery opening on Friday, July 24 from 6-9pm.

#### Putton Project

The Putton Project is now on YouTube! Type in Flourish Studios or Putton Project and Catherine, our 8 year old 'Putton Ambassador', explains everything. This project represents dedication, shared experience and patience, just like Flourish Studios. Also, almost every day someone donates buttons, but we still have a long way to go to reach 1 million. With your help we can reach this goal! You can also help us by counting buttons at our "Putton Pizza Party" on Wednesday, July 15, 5-8pm.



## Cancer Awareness at Flourish Studios

The next featured Flourish event raising cancer awareness is "Cancer Survivorship: Creating a Personalized Care Plan" by Vincent Cryns, MD, on Thursday, July 9th, at 6:30pm. Dr. Cryns is an endocrinologist whose research focuses on the genes and signaling pathways that cause breast cancer. The overall goal of his research is to translate molecular insights into better therapies and prognostic markers for breast cancer patients. He is the medical director of the SUCCEED Breast Cancer Survivorship Program at the Lynn Sage Comprehensive Breast Center at Northwestern Memorial Hospital.

This seminar is sponsored by the Lurie Cancer Center, Flourish Studios and Second Act address these issues. Rsvp at [www.cancer.northwestern.edu/events](http://www.cancer.northwestern.edu/events).

LETTER FROM THE DIRECTOR:



*“The only person you are destined to become is the person you decide to be.”*

– Ralph Waldo Emerson

Dear Flourish Friends,

These days I am hearing more and more stories from you, our Flourish Studios guests, which involve pain, sadness and despair. You are telling me that life is difficult and getting to be more difficult by the day. You are telling me about more jobs being lost, friends and family members now dealing with cancer, and about tough decisions you are trying to make. I am honored that you trust me with these stories and believe together we will get through these pain-filled times. Remember you do not have to go through these difficult times all alone. Our world is filled with resources, suggestions and people to help you take the first or next step towards a more positive-filled future. Flourish Studios was built with the intention of being a one-stop-shop to help you take your next best step or to find the perfect gift to support that friend in need. I strongly suggest you take some time and walk around our retail and art gallery, sign up for a class, attend a free book signing or artist reception event, seek therapy, or all of the above. These steps will make a difference in your life.

Enjoy,  
Dr. Julia

*Featured Non-Profit*



Erasing the Distance is an IL non-profit dedicated to shedding light on mental illness through theatre. They generate awareness, disarm stigma and ignite the healing process by creating and performing professional theatrical productions based on the true stories of people’s experiences with mental illness. Facilitated dialogues are held after every performance and audiences have access to information and resources from leading mental health organizations to get help if they need it.

Since Erasing The Distance’s founding in 2005, over 8,000 people have been touched by their performances at places such as DePaul University, University of Chicago, local high schools and many more! Check out their next featured performance at Flourish Studios on July 24 from 6-9pm. For more information and additional performances visit [www.ErasingtheDistance.org](http://www.ErasingtheDistance.org).

A portion of Flourish sales during the Envision Art Gallery opening of ‘Connections’ on July 24 will benefit Erasing The Distance.

*Envision Art Gallery  
Featured Artist*



Come celebrate the Envision Gallery opening of Connections, an Original LGB Production, at Flourish Studios on July 24 from 6-9pm. Designed by Chicago-based digital designer Leon Grant Bussinger, This unique exhibit will be displayed in Flourish Studios’ Envision Gallery from July 18 - August 22 for all to see. This event is free and open to all. Wine and light appetizers will be served.

Connections seeks to induce and facilitate physical interaction through digital visual design. Using current technology and open source development programs, Connections establishes a physical environment that fosters interpersonal interaction. A percentage of all retail proceeds occurring during this exciting event will benefit Erasing The Distance, Flourish’s featured non-profit. For more information on Leon Grant Bussinger and his work please visit [www.originalLGB.com](http://www.originalLGB.com)

## FEATURED EVENTS:

FLOURISH CLASSES:

**For Registration and Class Information contact Dionn McDonald at 773-281-8140 or [dionn@icanflourish.com](mailto:dionn@icanflourish.com)**

**NEW MOMS GROUP - Wednesdays, 11am-12:30pm & Saturdays, 10-11:30am, \$100/6 sessions** - Cathy Hennessy Price, LCSW & Debra Kissen Kohn, PhD Candidate

**BE THE PARENT I WANT TO BE** -Wednesdays, 7-8:30pm, \$240/8 sessions - Julia Rahn, PhD

**WORKING WITH PEOPLE** - Fridays, 12-1:30pm, \$240/8 sessions - Julia Rahn, PhD

**I CAN REACH MY GOALS** - Mondays, 4-5pm, \$120/8 sessions - Julia Rahn, PhD

**CPR TRAINING & CERTIFICATION** - Monday, July 27, 6-9:30pm, \$50 - Kathy Schroeder, MS

EVENTS:

**July 9, 6:30pm, Free - CANCER SURVIVORSHIP: CREATING A PERSONALIZED CARE PLAN BY DR. CRYNS** - Topics discussed: unique needs of breast cancer survivors, cancer prevention & surveillance. Hosts: Lurie Cancer Center, Second Act & Flourish Studios. Rsvp at [www.cancer.northwestern.edu/events](http://www.cancer.northwestern.edu/events)

**July 10, 6-8pm, \$15 - FLIX WITH FRIENDS: 'WALL-E' BY CATHY PRICE, LCSW** - Socialization group for kids ages 8-10 Food & drinks included. Rsvp [cathy@icanflourish.com](mailto:cathy@icanflourish.com)

**July 30, 6:30-8:30pm, \$0 - MOM & THE CITY PRESENTS AN EXCLUSIVE LAUNCH!** An event series catered to new and expectant mothers. Topics include: Prepare your nursery, planning the arrival of baby, emotional preparation, documenting the pregnancy, green baby money saving tips, fun things in the city, & where to shop. Rsvp at [chicago@itsa-belly.com](mailto:chicago@itsa-belly.com)

WORKSHOPS:

**LIVING IN ATTRACTION** - Sunday, July 5, \$5, 2pm & Saturday, July 18 9:30am, \$20 & 2pm, \$29 - Sunday, July 5 is a discussion group. Saturday, July 18 at 9:30am is a Mastermind group & the 2pm discussion "The Focus Factor" [www.LivingInAttraction.com](http://www.LivingInAttraction.com)

## Flourish Studios Staff Profile



Dionn McDonald is the Director of Program Services and Retail Sales here at Flourish Studios. As the Director of Program Services she and the team of providers and staff are bringing you an exciting roster of classes this summer and fall. We are offering a CPR class once a month as well as group classes and recurring workshops. Our classes and workshops include various diverse topics from animation, to cyber-bullying, and parenting. All that is missing is you!

Dionn has spent the last seventeen years working with the public, helping individuals express themselves through their wardrobe and facilitating transitions into new apartment homes. A desire to add more meaning to her life brought her to Flourish Studios. Here at Flourish, she has the opportunity to provide products and services that help individuals and families positively change their lives.

Dionn would love to hear from you! For more information on classes and to register call her at 773-281-8140 or [dionn@icanflourish.com](mailto:dionn@icanflourish.com). The complete calendar with more information can also be found at [www.icanflourish.com](http://www.icanflourish.com).



PEACE + BUTTON = PUTTON

WWW.PUTTONPROJECT.COM

PUTTON PIZZA PARTY!



Contribute used clothing buttons to our ongoing collection and help us count! Join Flourish on **Wednesday, July 15, from 5-8pm** for a button counting party. **Free pizza and beverages with the donation of 100 pre-counted buttons.** All are welcome ages 8+ (unless accompanied by an adult). Can't wait to see you there! Rsvp with Julia Rahn at [drjulia@icanflourish.com](mailto:drjulia@icanflourish.com) or call 773-281-8130.

## Studio For Change™

The Studio For Change™ offers therapeutic guidance to help children, individuals, couples and families live their best lives. Discreetly tucked into the welcoming and calming surroundings of Flourish Studios™, the Studio For Change™ offers experienced therapists to help alleviate new or chronic individual, child, adolescent, couple, or family issues. Creative interventions, assessments and payment accommodations are all offered. For more information or to set-up an appointment contact:

**Dr. Julia Rahn, PhD**  
Licensed Clinical Psychologist  
[DrJulia@icanflourish.com](mailto:DrJulia@icanflourish.com)  
773-281-8130 (#)

**Lesley Foreman, MSW**  
Staff Therapist  
[Lesley@icanflourish.com](mailto:Lesley@icanflourish.com)  
773-281-8130 (mailbox 3)

**Debra Steele, MSMFT**  
Marriage & Family Therapist  
[Debra@icanflourish.com](mailto:Debra@icanflourish.com)  
773-281-8130 (mailbox 1)

**Cathy Hennessy Price, LCSW**  
Staff Therapist  
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## July 2009 Events at a Glance

### July 1

New Moms Group 11 AM

Be the Parent I want to Be  
7 PM

OCD Support Group 7 PM

### July 3

Working With People  
12 PM

Art Drop-In 2 PM

### July 4

CLOSED for Holiday

### July 5

Living in Attraction 2 PM

### July 6

I Can Reach My Goals 4 PM

### July 8

Stories to Grown On  
10:30 AM

New Moms Group 11 AM

New Therapist Group  
6 PM

Be the Parent I want to Be  
7 PM

### July 9

Cancer Survivorship 7 PM

### July 10

Working With People  
12 PM

Art Drop-In 2 PM

Flix With Friends 6 PM

### July 11

New Moms Group 10 AM

### July 13

I Can Reach My Goals 4 PM

### July 15

Stories to Grown On  
10:30 AM

New Moms Group 11 AM

Putton Pizza Party 5 PM

Be the Parent I want to Be  
7 PM

OCD Support Group 7 PM

### July 17

Working with People 12 PM

Art Drop-In 2 PM

### July 18

Living in Attraction  
9:30 AM & 2 PM

New Moms Group 10 AM

### July 19

Working With People 12 PM

### July 20

I Can Reach My Goals 4 PM

### July 22

Stories to Grown On  
10:30 AM

New Moms Group 11 AM

Be The Parent I Want To Be  
7 PM

### July 24

Working With People 12 PM

Art Drop-In 2 PM

Envision Art Gallery  
Opening 6 PM

### July 25

New Moms Group 10 AM

### July 27

I Can Reach My Goals 4 PM

CPR Training &  
Certification 6 PM

### July 29

Stories to Grown on  
10:30 AM

New Moms Group 11 AM

Show & Tell Networking  
Event 4:30 PM

Be The Parent I Want To Be  
7 PM

### July 30

Mom & The City 6:30 PM

### July 31

Working With People 12 PM

Art Drop-In 2 PM

## Flourish Partners

### NPN:

Neighborhood Parents Network of Chicago (NPN) is now housed out of Flourish Studios. NPN offers families info, resources & community support. NPN serves as main resource for social, childcare and school information. Visit [www.npnparents.org](http://www.npnparents.org)

### Second Act™:

Second Act at Flourish Studios™ provides individuals affected by cancer treatment a holistic approach to regaining self-confidence and self-esteem. Products include post-mastectomy bras and prostheses and hair replacement solutions, including full wigs and hair pieces. Hours are by appointment, contact Pattie Sheehan at 773-525-2228, [pattie@secondactchicago.com](mailto:pattie@secondactchicago.com) or visit [www.secondactchicago.com](http://www.secondactchicago.com).

### Show & Tell:

On the last Wednesday every month network with other local businesses in an art gallery setting. Enjoy music, wine and hor' dourves. The next Show & Tell is Wednesday, July 29 from 4:30-7pm. Rsvp at [rose@blackjadecreative.com](mailto:rose@blackjadecreative.com).